



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Bechmann, Rico**

Club: Thüringer Laufmaschen

Number: 3

Course: 13.00 km

Mittelstrecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:02:18

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 26 (of 90)

Rank in course/Men: 25 (of 67)

Best time in course: 53:46

Rank in category: 3(of 4)

Best time in the category: 53:46